



OFFICE OF THE NODAL OFFICER

FIT INDIA CAMPAIGN

UNIVERSITY OF KASHMIR HAZRATBAL SRINAGAR,190006

No.F(Fit-India-Camp)DPE&S/KU/20

Dated:- 23-11-2020

All Principal's/ HoD's/Director's/Coordinator's
Affiliated Colleges/Departments/Campuses/Centres
University of Kashmir
Hazratbal, Srinagar

Sub:- Fit India Campaign December 2020.

Dear Sir/Madam,

Department of Sports, Ministry of Youth Affairs and Sports (MYAS) has planned a series of activities and campaigns in December 2020 under the aegis of FIT India Movement to promote fitness across the country.

As such, all Principal's/ Ho'D's/Directors/Coordinator's are requested to execute the below given activity plan in their respective colleges/departments with a healthy feedback at the end of the campaign.

S.no	Activity/Event	Time Line	Roles and Responsibilities
1.	Fit India Thematic Campaign (virtual)	1 st December 2020 onwards	Promotion of Campaign on digital platforms of Colleges/Departments.
2.	Fitness Assessment through Fit India App	Date of launch of Fit India App will be communicated later	To be made public in State/UT to take their fitness assessment and encourage others to do so.
3.	Fit India Quiz	Date of launch will be communicated later	Interested students to enroll for the quiz in the Directorate of Physical Education & sports.
4.	Fit India Prabhat-Pheri	1 st to 6 th December 2020	Colleges/Departments who can organize Prabhat-Pheri advocating the message of fitness on the theme (Fitness Ka Dose-Adha Ganta Roz) in their respective areas.
5.	Fit India Cyclothon	7 th to 31 st December 2020	Students to be encouraged to register for the event in the Directorate of Physical Education & Sports (subject to guidelines to be issued by the Ministry & weather conditions)

The high resolution photographs /video clips of all the above events should be reach this office via email: directorsports@uok.edu.in .

Sd/-
Mr. Nadeem Ahmad Dar
Nodal Officer
Fit India Campaign

Copy to:-

1. All HoD's/Director's/Coordinators for information and necessary action.
2. Nodal Principal, A.S. College with the request to circulate the letter among all the colleges of the valley.
3. Director IT & SS with the request to publish the notice on university web site.
4. S.S to the Hon'ble Vice-Chancellor for kind information of the Hon'ble Vice-Chancellor.
5. P.A to Dean Academic Affairs for information of Dean Academic Affairs.
6. P.S. to Registrar for kind information of the Registrar.
7. File.